

## Kia Ora koutou, Greetings to you all.

### Te tōia, te haumatia.

Nothing can be achieved without a plan, workforce and way of doing things.

The 2014 academic year has begun and the planning that the WAVE team put in towards the end of last year is now coming to fruition.

We have already, this year, held successful professional development events in Twizel, Waimate and Pleasant Point and the numbers attending and the feedback received has been really pleasing. Our thanks to Komene Kururangi for his great facilitation at these events.

As a team we are currently visiting all education settings in South Canterbury to re-sign the Memorandum of Agreements that were signed at the very start of WAVE. We felt the time was right to revisit all to re-sign but also to gather feedback on the role WAVE plays in settings and an acknowledgement system we are considering. We thank you for your time and appreciate any ideas and suggestions you would like to make.

We would also like to announce that the significant renovations to the WAVE Resource Centre have been completed and we thank you for your patience when access was limited. We are very happy with the alterations and have been able to upgrade and add to our resources to ensure we are offering what is needed and what you find useful. Check out our WAVE website to find out what is available and to place an order, or contact your WAVE facilitator.

Noho ora mai (stay well)

Janice Hampton  
Team Leader

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Deadline for submitting information for next newsletter is 15 April 2014 - articles can be emailed directly to: [felicity.mcmillan@cdhb.health.nz](mailto:felicity.mcmillan@cdhb.health.nz)  
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Community & Public Health  
18 Woollcombe Street  
P O Box 510, TIMARU  
Phone: 03 687 2600  
Fax: 03 688 6091  
[www.wavesouthcanterbury.co.nz](http://www.wavesouthcanterbury.co.nz)



Students from Lake Tekapo and Twizel areas schools participating in the recent Māori Professional Development hui

The WAVE team would like to take this opportunity to thank all the new people that have liked the WAVE Facebook page and to congratulate the following winners:

Highfield for winning the gazebo for promoting WAVE's facebook page on their website and newsletter and also by including the WAVE website link on their own website.

Rural Scholars for winning the summer fun pack for having the most family members like the WAVE Facebook page.  
Vickie Elliott from Highfield for winning the \$50 grocery voucher for being a parent/caregiver to like the WAVE Facebook page.

Keep encouraging your settings community to like the WAVE facebook page for regular updates, competitions, links and other useful information.



facebook



# EARLY CHILDHOOD EDUCATION

## Waimataitai Kindergarten

Some of our children with their harvest of vegetables from our flourishing kindergarten garden. These vegetables were used to prepare a stir fry for the Chinese banquet we held for Chinese New Year. We are also able to give bags of the produce to the families to take home. One of the highlights has been the mother of one child saying that it is as a result of his interest in the kindergarten garden, that they have now planted their own vegetable patch at home!



## West End Kindergarten

The children and families enjoyed the visit from Maru. Maru was a big attraction for our Special Friend day in Term 4 2013. Special friend day is an annual event which is a time where the children and loved ones come together to share the fun and excitement be part of the learning that goes on at West End Kindergarten. Thank you to WAVE for sending Maru along as an extra special friend for the community at West End Kindergarten. Rachel Pringle (Head Teacher)



## Rural Scholars

Paula Rogers, Manager of Rural Scholars receiving the WAVE Summer Fun Pack for the most family members to like the WAVE Facebook page.





# PRIMARY SETTINGS

## Highfield

### Wave Gazebo

Highfield School wishes to thank WAVE South Canterbury for the awesome gazebo we won in the facebook competition last year. We are using it everyday for the middle school lunch area and on special sport days, like our House Fun day we had last week. We really appreciate all that WAVE contributes to our school with resources we can use and advice to our own WAVE group about Healthy Lunches, sunsmart, and gardens. Thank you very much and thanks to our fantastic school community who voted for us.



## Pareora

### Pareora's Community Veggie Garden

At the beginning of 2013 a group of parents supported by Janet, Bronwyn and Jess from the WAVE Team started a coffee group. The group met weekly to share ideas about healthy cooking for the family and ways of being able to stretch the budget.

Later in the year the group was offered a plot to have a veggie garden, which has resulted in extra nice fresh veggies for a number of people in the district.

The group will be meeting again this year. Along with WAVE they have a volunteer from Timaru to lead the cooking programme and one of last year's group taking over running of the veggie patch.



## Bluestone

### Bluestone Students Give Back

Five students from the Bluestone Student Council, with support from Josh from WAVE, Iain Bamber from the schools B.O.T and willing parents, made Highfield Rest Home Christmas Fruit muffins at the end of 2013.

The students wanted to give back to the community (as part of their leadership within the school) and it was decided by the students that they wanted to make the rest home some nice healthy muffins. Pictured you will see the five awesome students with Josh. We have also provided the recipe, just in case you are keen to make the muffins.

### Bran, Cherry and Sultana Christmas Muffins

(Makes 12)

- 1 cup self raising flour
- 1 cup bran or wheat-germ
- 1 teaspoon spice
- 1/3 cup sugar
- 1/2 cup dried fruit, nuts or seeds
- 1/4 cup oil (optional)
- 1 egg, roughly beaten
- 1/2 cup - 1 cup low fat milk
- 1 cup grated or finely chopped fruit or vegetables

### Method

- Sift Flour and mix in other dry ingredients.
- Carefully mix in grated fruit, oil, egg and milk as required. Avoid over mixing.
- Spoon into muffin trays.
- Bake at 180C for about 20 minutes.





February 2014 marked the **12th Annual BikeWise Campaign** - New Zealand's national programme of activities which promotes cycling as a fun, healthy and safe way to travel. BikeWise aims to inspire more Kiwis to give cycling a go while at the same time raising awareness of the need for cyclists and motorists to share the road safely.

In South Canterbury we have seen an uptake of people of all ages getting back on their bikes and rediscovering our community. When was the last time you rode a bike? Remember how much fun it was? Maybe you were part of one of our events, if not, it's time to recapture that feeling and get back in the saddle, but not only in February!!

The following are photos and captions from some of our local BikeWise events:

**'Timaru Cycling Club FUN Night'** - was held on Wednesday 5th February at Levels International Motor Raceway. It gave people of all ages the opportunity to ride the track on any type of bike, and although it was a cold and slightly drizzly evening, just over 20 keen riders came out and had a go!



**'Go by Bike Day'** - on Wednesday 12th February saw an increase of both education settings and workplaces registering - 19 education settings and six workplaces, all receiving some BikeWise goodies. Here are some comments and photos from some of those who took part.

**Waimataitai School** - Fantastic turn out of children coming by bike. Bike stands were overflowing and it was great to see some parents biking with their children. Tokens and house points were given for all children who came by bike as well as those that came by scooter or skateboard. Smiles all around as children came by bike!!!! Prizes kindly donated by BikeWise through WAVE were well received by the children and the day was considered a total success!!!

**Timaru Christian** - The day went really well. Lots of children biked to school or part of the way. We did lunchtime activities with scooters and bikes around cones and races which the students enjoyed. Thank you to BikeWise for the prizes. They were great. The following are some 'Go By Bike Day' stories:

• Last Wednesday it was Bike to school day. After we packed our bag, we left for school. My Mum let me bike a little bit to school. There were quite a few cars on the road so I had to be careful in the traffic. At lunchtime there were some activities where we biked around the orange cones and had a bike race. I really enjoyed the bike race and I got a prize of a wrist band. When school finished some people biked home. Biking is fun and is good for your health. By Josiah Bruning age 10 - Year 6

• Last Wednesday we had bike to school day. There were some activities at lunchtime and prizes were won for bringing your bike. There were races on your bike and Mrs Thompson was a great teacher there and joined in. We rode around some cones. It was a fun day. By Paualily age 9 - Year 5

• On the 12th of February, TCS had a bike day, a day that anybody could ride a bike or scooter to school. I reckon a lot of people brought their bikes and scooters to school. Oh, and rode them! After morning tea we all had a photo taken and some people got prizes. Then we carried on with break. At lunch, after eating, everyone who brought a bike/scooter started riding. Mrs Thompson and some WAVE members set up a course and then the bikes started zooming and racing around the field. It started to rain but no-one seemed to care. Soon the bikes finished the course and then some people built a course for the scooters. The bell rang and people looked satisfied at how the day had gone. By April Omelvena age 10 - Year 6

• Yesterday was bike to school day. Lots of people biked and came on their scooters to school. I biked to school and got a prize. My prize was a bike repair kit. Emily my sister got a repair kit as well. We all got our photo taken at morning tea time with our bikes and scooters. My bike is purple and black. The day of bike to school was on Wednesday the 12 of February. There were lots of activities at lunch time. WOW! What a big bike to school day. By Hannah Rentoul age 8 - Year 5



**Rural Scholars Early Learning Centre** - Celebrated a week long event of 'Go By Bike'. Some of their activities included bringing your bike days, sharing bikes, identifying the differences between their bikes, shape of the week was a bike, the letter was 'Bb' and the number '2' for two wheels. They also had one of the local police men come to talk to the children about being bike wise, making a bike track around the playground, and on the wet day the children coloured in pictures of bikes and also of motorbikes as these are relevant to our centre and similar rules apply!!





**Rata Kindergarten** - just wanted to say thanks for dropping off those bike day pressies, the tamariki were thrilled. They'd got their certificate of participation earlier but were beaming to take home a bell and extras as well. Really appreciated it.



Rata Kindergarten

**Kowhai Kindergarten** - Thank you so much for the treasures for our Wheels Day. They were received with much delight by the children. We had a fab morning. It was a fine and sunny day. Lots of children brought along their scooters, bikes and skateboards, and we had the kindergarten bikes out too. The day started with the children doing warm up laps, before they competed in races. Each event was hard fought and the winners got a prize. We finished the day off with presentation of certificates, choosing a bike gift from BikeWise delivered by WAVE.



Kowhai Kindergarten

**Little Wonders Otupua Road** - the rain did not deter the bikers here at Little Wonders. They spent the afternoon decorating their bikes and scooters.



**Waimate Centennial** - Friday was 'Bike Day', lots of children who don't usually, rode their bikes to school. It was great that some people who live in the country and come to school by bus came in cars to town and then they rode to school from places like Pyne Gould Guinness. Some people rode with their families, some with their friends. It was fun seeing lots of people on bikes. We noticed things that we don't always notice like the trees and the leaves.



Waimate Centennial

There were bikes everywhere, it seemed like there were thousands of bikes at school. They were all different sizes and colours.

When we got to school we were greeted by Mr Jury who was giving out prizes, we all said "WOW!" There were slap bands, stickers, spookies and back pack covers. When we got into our class the teacher gave us a certificate as well. Everyone was smiling and happy.

At lunch time we jumped on our bikes, Mr Jury made up a course with cones



Waimate Centennial

for everyone to ride or scooter around. It went on the netball court and then onto the field like a BMX track. There were jumps for the scooters. Some people went too fast and fell off, ouch!!

We loved 'Bike Day' it was lots of fun, it was cool!



Waimate Centennial

## **John St Kindergarten, Waimate**

During February we have been celebrating BikeWise month -children have been bringing in their trikes, bicycles, scooters, and balance bikes. Each day we met for show and tell and the children were given the opportunity to show us how well they can ride and then they also share how they look after their bikes. It is wonderful to hear the knowledge children have, and how we can build on this information about keeping safe on their bikes. The children are also showing a generous spirit in that they are willing to share their 'wheels' with others. We have also noticed how well some of the children have progressed from last year to being more confident on their bikes and able to ride without trainer wheels or on bigger bikes. Some of the comments the children have made about this event....



Waimate Centennial



John St Kindergarten



John St Kindergarten



John St Kindergarten

- o We like bringing our bikes to kindergarten
- o The bike day is fun. Can we do it again?
- o I'm big and I can ride on a bike .I'm this old....indicating his years with his fingers!
- o At home I've got a bike and I'll bring it to kindy one day.
- o We must have a helmet on or we can't ride our bike at home or on the road.

Staff have been role modelling care and safety on the bikes and helping children to get started and to STOP!!



John St Kindergarten

## **Clandebye Preschool**

This month all the tamariki at Clandebye Preschool have been encouraged to bring along their bikes, scooters and helmets. The children have been enthusiastic to bring their bikes along as it gives them an opportunity to share and show their friends and teachers what they can do. Some children have been able to learn a new skill whilst on their bike, such as "no trainer wheels!" The tamariki have made up a course using road signs etc to encourage safe biking. The main things that the tamariki have been learning about are; safe following distance, wearing helmets, safe speed and passing and stopping at the stop sign. We have awarded the children the prizes from BikeWise for showing us some of the fantastic skills. Thank you to BikeWise and to WAVE for these wonderful prizes.

**'Ride to the Bay'** was held on yet another drizzly Sunday morning (Sunday 16th February), attracting over 120 people (mostly children). The ride went really well and all the kids got a spot prize. Riders started at the Claremont entrance to the Scenic Reserve and rode approximately 14 kms through to Caroline Bay.



# WAVE RESOURCE CENTRE

## Physical Activity Resources

Check out some of our 'Physical Activity' resources we have available in the WAVE Resource Centre.

### Bonker Ball Set

Bonker Ball was designed to provide a highly active game that can safely involve a number of students. It utilises specially designed heavy foamed bats and no-bounce balls which may be hit for maximum distance yet provide limited bounce and roll.

### Co-Oper Band – Large/Small

Ideal for group movement, interaction, exploration and team building activities, both indoors and outdoors. Stand inside the band and push outward to gain stability. Encourages cohesive group support, creative thinking and movement. By taking risks in movement it also builds confidence. Great for activities. The centre of the band is flexible, heavy duty, top latex tube encased in a soft fabric cover.

### Gutter boards

The objective is to bounce the ball at the gutterboard and either catch it or bounce it over the top to the opposite player. Players can work together to achieve a set targeted number of catches or alternatively compete individually to gain more catches in a row compared to the other player.

### Hockey - Plastic Shaft Set

Offer your students a fun, safe and economical way to play hockey indoors. You can teach teamwork, agility, hand-eye coordination, cooperation, and communication. Set includes six blue and six yellow blades as well as one puck and one PVC ball.

### Indoor Polo Set (heavy foam)

Play fast moving polo safely indoors. Sticks have a robust shaft with heavy foam heads for safe use and durability.

### Pyramid Reaction Balls

Improves hand/eye coordination due to erratic bounce and invokes reaction to improve catching skills. Inflatable, pliant rubber, pyramid shape.

### Sport Flag, Pole & Spike Set, of 4 different coloured flags

Robust construction, made of 25mm PVC pipe. 174cm total length (spike is 16cm). Comes with plastic clip that assists in holding flag in place.

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NOW go online to: [www.wavesouthcanterbury.co.nz](http://www.wavesouthcanterbury.co.nz) and use your setting login to order resources.

Any issues please contact your WAVE Facilitator or WAVE Resource Centre Administrator - Stacey Day 687-2626



Bonker Ball Set



Co-Oper Band – Large/Small



Pyramid Reaction Balls



Sport Flag, Pole & Spike



Hockey - Plastic Shaft Set



Gutter boards



Indoor Polo Set (heavy foam)

# NUTRITION AND ORAL HEALTH

## Back to school healthy lunch box ideas

### Veggie Spider Snacks

Spread a corn thin cake with avocado mashed with a little lemon juice or some cottage cheese. Top with another corn thin. Decorate with halved cherry tomatoes, and insert thin carrot and celery sticks for legs.

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### Fruit Butterflies

Cut pieces of peeled pineapple or melon to use for the butterfly wings and body, and slices of strawberries or peeled kiwifruit for the antennae. Be creative; use any fruit that's in season.



### Vege dippers

Place hummus or cottage cheese in an airtight container. For dipping, chop up carrots, celery or toasted pita bread.

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### Pikelet faces

Spread mini pikelets with reduced fat cream cheese. Decorate with chopped strawberries, raisins, bananas and other fruit to make faces.



## Eat, drink, laugh, sing, whistle - and celebrate World Oral Health day!

On March the 20th it will be world oral health day; a day to celebrate healthy smiles. A healthy smile is an important aspect of everyday life so it is essential we all look after them as best we can.

**Eat for a healthy smile...**tooth-friendly foods: fruit and vegetables, unsweetened yoghurt, cheese, plain crackers, peanut butter/marmite sandwiches, baked beans, hard boiled eggs, popcorn, toasties etc. Try and avoid high-sugar foods such as lollies, fruit strings, ice blocks – your smile won't thank you!

**Drink for a healthy smile...**water and low-fat milk is best! Fizzy drinks, energy drinks, milo, and juice (whether it's cordial or fruit juice) contain a lot of sugar which your teeth won't like.

**Brush for a healthy smile...**twice a day: after breakfast and just before bed with an adult strength fluoride toothpaste and then only water until morning.

**Regular check-ups for a healthy smile...**it's free to see a dentist until you are 18 so there are no excuses for not going every year! For the young ones, their first dentist visit will usually be at 2-2½ years but if you are worried, you can make an appointment at the community dental clinic earlier.

And remember, give your teeth a rest – your teeth need time between meals to recover, so try not to graze on food or sip on drinks until the next meal or snack time.

If you would like to know more call 0800 TALK TEETH or visit:  
[www.letstalkteeth.co.nz](http://www.letstalkteeth.co.nz)

Emily Watson – Child Nutrition and Oral Health Promoter  
03 687 2621 | [emily.watson@cdhb.health.nz](mailto:emily.watson@cdhb.health.nz)





# WAVE PROFESSIONAL DEVELOPMENT

## WAVE Professional Development - Term 1

### Ka Toi Māori O Aoraki – FLAVA - 13th & 20th March

Ka Toi Māori O Aoraki PD is to support, develop and discuss the guidelines with regard to Kapa Haka and the performing arts section of FLAVA. New compulsory elements were also discussed such as the possibility of a compulsory waiata.



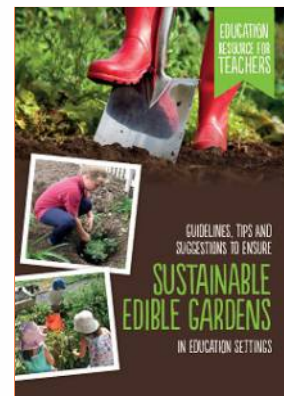
### Traditional Maori Games - 24th March

This TMG PD is to further develop TMG and Ki O Rahi in the South Canterbury region. This is a follow on from the secondary school TMG PD from 2012. There has been a steady uptake of TMG and Ki O Rahi within South Canterbury secondary schools and feedback from settings indicates they would like to increase the capacity of setting providers. There are a number of secondary schools that now have TMG as part of their PE curriculum. Interest in primary schools in developing TMG is also high.



### WAVE Gardening Workshop - 30th April

Three hour workshop for teachers, parents / whanau and all other adults involved in gardening at any education setting – these are the key people to the overall success of your gardens.



To register your interest in the above professional development or for more information, please contact your WAVE Facilitator

## Aoraki Region Maori Professional Development

On the 10th and 11th of February teachers and students from Lake Tekapo and Twizel Area schools took the opportunity to develop skills and knowledge around Te Ao Māori (all things Māori). There were over 20 teachers and 200 students participating in this WAVE organized event held in Twizel. The aim of the professional development was for the teachers to gain confidence and skills around the delivery and understanding of Kapa Haka, Māori performing arts, Te reo and Tikanga.

On the first day teachers participated in cultural activities that included poi, haka, Māori action songs and Māori stick games. All the teachers learnt how to teach the material for the workshops with the tamariki on day two. The teachers also had the opportunity to discuss any challenges they may have with Maori professional development trainer Komene Kururangi who is based at Te Aitaraiki cultural centre in Timaru. The teachers also got the chance to stay overnight on the local Te Whare Mahana marae.

On day 2, the students were welcomed on to the Te Whare Mahana marae by Komene. Komene gave a rousing performance of the "Te Wero" (welcome).

### Te Wero

The "Te Wero", is always carried out by a male member. Wero means, "cast a spear". A male always issues the "wero". After the haka, a male from the Marae places an item of challenge on the ground. The visiting party must wait at the gate of the Marae until the occasion presents itself for them to show that they come with peaceful intentions. A "wero" may be issued to a high-ranking woman, such as a Queen, but the "taki" (challenge dart) must be picked up by a male member of her party. This is the traditional way of determining whether visitors to a Marae came in peace or with hostile intentions.

In welcoming on the students which involved Twizel Area school, principal Bill Feasey picked up the challenge taki (dart) on behalf of the students. Once the students were welcomed and visited the Marae they then participated in workshops at Twizel Area School that included Poi, Rakau, Haka, and Māori action songs taught by the teachers. The day culminated in a 25-minute performance attended by parents and members of the community who watched the students and teachers perform what they had learnt over the past two days.

Many thanks go out to the Te Whare Mahana Marae committee, Twizel area school, Lake Tekapo School, WAVE and Komene Kururangi in making this professional development possible.

